

## Spring Step Count Challenge 2026

Join us in celebrating the hugely successful Spring Step Count Challenge ran in collaboration with Strathclyde Sport and Sustainable Strathclyde. First up, with announcing the winning team. In first place were The Cathedral Collective who walked over 5,000,000 steps and ranked 2nd in the nation. The team were as follows:

- Findlay Black
- Graham Christie
- Graham Thom
- Neil Brown
- Susan Greer

During the challenge members of the team completed multiple walking/running competition including a gravel bike endurance event, the Boston Marathon, Ultra Marathon and the Ironman 70.3 Alcudia-Mallorca.



(Picture of Graham Thom, completing the Ironman 70.3 Alcudia-Mallorca)

Team members (and general challengers alike!) noted Susan Greer as one of the most devoted steppers and cyclers for this challenge. Susan told us that she had hoped the challenge would motivate her, and that, coupled with being in a team of very active individuals, encouraged her to move more and up her daily activity. We asked her the following questions:

### **What did you enjoy about the challenge?**

*"I genuinely enjoyed everything about it. The weather was kind for the most part which helped. The thing I enjoyed most though was the early morning walks in the rural areas surrounding East Kilbride. I saw lots of wildlife including bunnies, herons, woodpeckers, deer, a hare, and I even heard a cuckoo. I enjoyed how peaceful it was with no one else around, I could really enjoy the sounds of nature. I also spent four days of the challenge in Spain and enjoyed early walks in the Murcia region".*

### **Any favourite or memorable walks?**

*“My favourite walk was a 15 mile one I did through the trails of Calderglen Country park, then through the back roads at Nerston to Croftfoot where I discovered a small park I’d never noticed before, which brought me out into a lovely walk through Cathkin Braes to head back home. It was one of those four seasons in one day sort of days, and I got soaked, then I was roasting hot, but as Billy Connolly said, ‘there’s no such thing as bad weather, just the wrong clothing’, and I had gone prepared”.*



(Image from Susan’s bike ride to Strathaven during the challenge)

All members of the Cathedral Collective received a £10.00 M and S voucher to celebrate their win and a huge congratulations again to the whole team for their continued efforts in various Step Count challenges.

This year we also awarded a prize for the best story or image of a walk/walking. This is awarded to fiancés Melika Rezaei Chayjan and Mohammad Javad Eslami. They told us this:

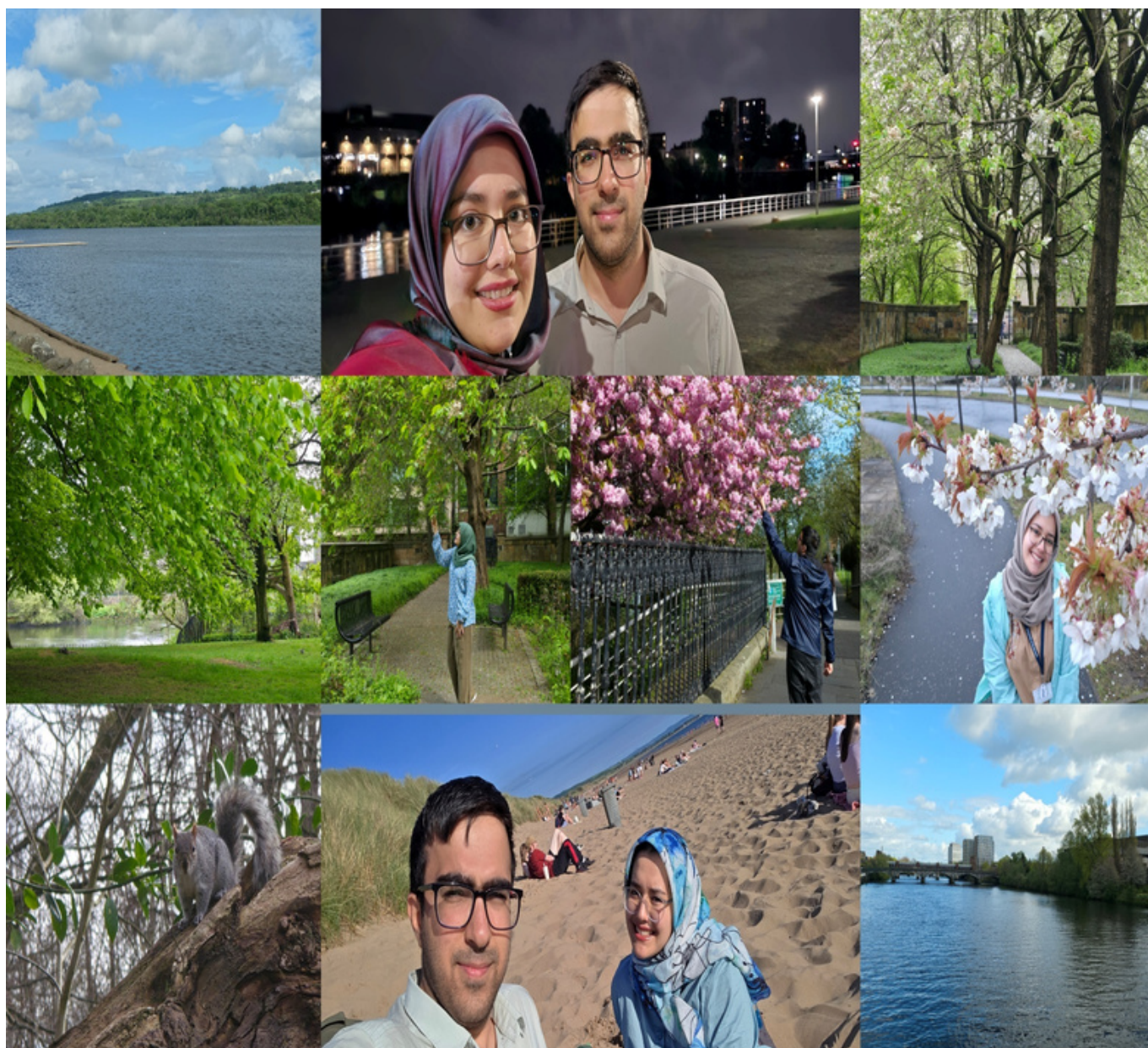
*“Somewhere between PhD deadlines and Glasgow drizzle, Mohammad Javad (my fiancé) and I made a promise to step outside and let Scotland surprise us. And it did! Cherry trees in full bloom, the Clyde glowing at dusk, Castle Semple Loch still as a painting, and Irvine’s sands stretching wide under open sky.*

*Then illness hit mid-challenge, bringing quiet days and missed steps. But Scotland waited patiently.*

*We got back on our feet and kept walking 😊 not just for the step count, but for the reminder that getting back up and stepping outside is always worth it. One step at a time.*

*(We) captured some of the wonderful moments from our walks through Glasgow Green, Kelvingrove Park, the Clyde riverside, Castle Semple Loch, and Irvine Beach.*

*Thank you for organising this wonderful challenge, it truly encouraged us to explore and appreciate Scotland in a way we might not have otherwise”.*



Both Melika and Mohammad won a £10.00 M and S voucher and a huge thank you again to them for their lovely images and stories about exploring Glasgow and Scotland through the Step Count Challenge.

Next up we celebrate the top individual stepper in our challenge. The winner was staff member Kinan Ghanem who topped our leaderboard for number of steps taken. His activities included hiking with his wife and even walking from Glasgow to Luss on one of his days off. Kinan received a £10.00 Amazon gift voucher as a prize.



(Kinan Ghanem during one of his walks)

We also had some fantastic feedback from challengers who joined in with the multiple organised Strathclyde Water Walk led by its creator James Bonner. You can download the walking trail here: [Strathclyde Water Walk](#)

Elaine Colgan:

*"I like that the challenge encourages me to make little differences on a daily basis eg. walk to the shops instead of drive, get off the train a stop early etc. I really enjoyed James Bonner's Strathclyde Water Walk - a fantastic lunchtime route and very interesting facts!"*

Grainne Abbot:

*"The Strathclyde Water Walk was great; I did it twice! Learnt some things I didn't know and then was able to share with teammates and other colleagues when I went for walks with them. Was also happy that the timing of the Glasgow Kiltwalk and this Step Challenge as it encouraged me to walk The Big Stroll (14.5miles) on both days!"*

Fuaad Schuurmans:

*"I personally enjoyed having an incentive to be as active as possible, it encouraged me to take the stairs instead of the lift and also to do more regular walks during the day and even the weekend. My favourite activity that I participated in would have been the Strathclyde water walk which was organised by Sustainable Strathclyde".*



(Grainne Abbot during her Kiltwalk during the Step Count Challenge)

A final congratulations to some additional prize winners, firstly Team Strathclyde Strollers (consisting of Strathclyde Sport staff David MacPherson, Seona McKenzie, Barnaby Williams, Molly Perkins and Karen Penglase) who came in second place overall. The team prize for second place was Strathclyde Sport merchandise and, showing some fantastic team spirit, Team Strathclyde Strollers happily volunteered to pass their prizes on to the third-place team Captain Camilla and the PNDC Pacers. The team received Strathclyde Sport tote bags and general Strathclyde Sport merch.

Lastly, we had three participant prizes awarded to any participant who completed the challenge and filled in our final survey. These were awarded to the following staff members who all received £10.00 Amazon vouchers.

- Grainne Abbot
- Jennifer Thomas
- Yiting Cheng

A huge thank you again to all member of staff who took part in the challenge and for anyone who sent in pictures and stories. Please see the Step Count infographic for more challenge results and the next challenge will run in Autumn, with sign up likely starting in September.

Teams: **70**  Participants: **350** Period: **6 WEEKS**   
Accumulative steps:  
**OVER 150 MILLION** 

### Question

Q. Do you regularly take walks during your work or study day?

(very often/often) **53%** Pre Step Count Challenge

(very often/often) **70%** Post Step Count Challenge

Q. Do you visit green spaces during your work or study day?

(very often/often) **34%** Pre Step Count Challenge

(very often/often) **44%** Post Step Count Challenge

Q. Do you make an effort to leave your desk during your work or study day?

(very often/often) **54%** Pre Step Count Challenge

(very often/often) **66%** Post Step Count Challenge

Q. Do you discuss what activity you do during the week with colleagues/fellow students?

(very often/often) **40%** Pre Step Count Challenge

(very often/often) **51%** Post Step Count Challenge

Q. Would you take part in any future Step Count Challenges?

**92%** OF RESPONSES SAID **YES**

Q. Do you think challenges like this one are a good investment for staff health and wellbeing?

**100%** OF RESPONSES SAID **YES**

Q. Are you pleased that you took part in the Step Count Challenge?

**100%** OF RESPONSES SAID **YES**

### Open question 6

Q. Do you think your behaviour in regard to activity has, or will, change after taking part in the Step Count Challenge?

A. I think it has already. Being involved in previous step count challenges has really encouraged me to get out of the office during the working day more often. And I have since maintained this.

A. I plan to make more effort to move more and maybe go for a walk at lunchtime instead of just sitting at my desk.

A. Yes, I have increased my personal daily step count and look forward to improved fitness.

A. I'm hoping to keep up the momentum of getting out and away from the desk as much as possible!

Q. After completing the Step Count Challenge what extent do you agree/disagree with the following statements?

Taking part in the Step Count Challenge has motivated me to become more active

**96%**

Having this support from the University makes me feel like they are actively trying to help improve my health and wellbeing

**100%**

STRONGLY AGREE/AGREE

Being part of the Step Count Challenge has made me feel more social and that I am part of a team

**90%**

I think I would be more active in general if the University had more funded activity challenges throughout the year

**82%**